

# Daily Do

June 23, 2022

- ☐ Wake up at 5AM ~ alcohol make/strip bed, open curtains.  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Brush teeth  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Morning run (40min)  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Make coffee  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Dishes (15m)  
📅 Tomorrow 🔁 • 🔔 Tomorrow • 📄
- ☐ Sanitise toilet & sink (5m)  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Shower (30m)  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Revive hair (20m)  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Towel Meditation (15m)  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Laundry ~ Sweep & tidy house. Put Laundry away. Mop bathroom. (2hr)  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Morning break ~ Refill water bottle. Lotion if just watching tv.  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Coding block (3hr)  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Lunch Break ~ refill water bottle (1hr)  
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Language Studies Block (1hr)  
📅 Tomorrow 🔁 • 🔔 Tomorrow



# Daily Do

June 23, 2022

- ☐ Coding Block II (2hr)  
📅 Tomorrow ↺ • 🔔 Tomorrow
- ☐ Afternoon Break ~ Refill water bottle. Tidy desk area. (2hr)  
📅 Tomorrow ↺ • 🔔 Tomorrow

